



Robert E. Bush
Naval Hospital

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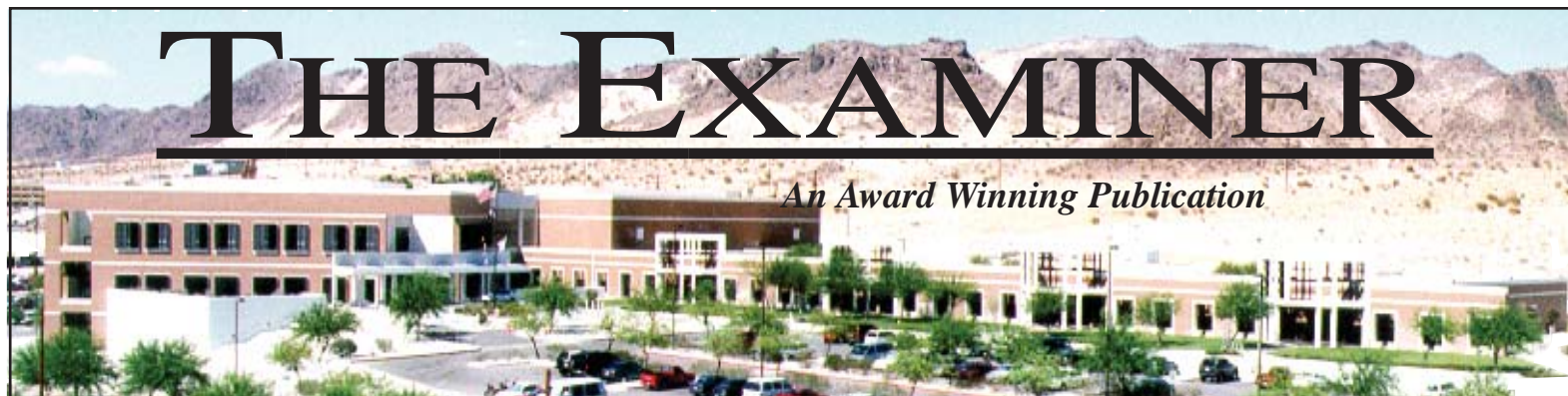
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Honor and Distinction Mark 118th Hospital Corps Birthday

Story and photos by Dave Marks, NHTP Public Affairs Officer

The Hospital Corps Birthday Ball was celebrated with honor, distinction and a large dose of fun June 17 at the Pechanga

our care before ourselves."

Faulkner compared the Corpsmen in the audience to Congressional Medal of Honor recipient, Hospital Corpsman Robert E. Bush. "No matter if

battlefield charge, a U.S. Marine lieutenant. "You are playing a role in history," Capt.

Lamberton said as he addressed the birthday ball celebrants.

"We are gathering today as a celebration of 118 years of service with honor and distinction. This evening I get the opportunity to celebrate you.

Shipmates, I salute you. It is a pleasure serving with you," Lamberton declared, saluting sharply.

Warrior Battalion, I thought it was only fitting," Blount said.

"It was nice seeing everything the committee planned and coordinated come together," said Hospital Corpsman Second Class Regina Davis, staff Corpsman on the NHTP OB/GYN Clinic, and a member of the Ball Committee. "After all of the hard work with fundraisers, ticket sales and all of the meetings, it was great to see the



Chief Hospital Corpsman Roberto Gaona, 2d Battalion, 7th Marine Battalion Aid Station, leads the assembled Corpsmen in the Corpsman's Pledge.

Resort and Casino in Temecula, California. The Ball, sponsored and hosted by Marine Corps Air Ground Combat Center battalion-aid station Corpsmen and their Robert E. Bush Naval Hospital blue-side counterparts

was themed, Celebrating 118 years of Honor with Distinction. Guest speaker was Master Chief Hospital Corpsman Eric D. Faulkner, USN (Ret.).

you're serving with the Marines, if you're serving on ships or on subs or in the hospital, you are vitally important to the mission. Robert E. Bush could have been you. I guarantee you, if it was you, you would step up," Faulkner said.



Command Master Chief Hospital Corpsman Eric D. Faulkner addresses the audience.

In Faulkner's prepared remarks he talked about Corpsmen in Iraq rendering aid to an Iraqi soldier. "This is what we do. As Corpsmen, we put the lives of those that are vested in

Okinawa and described the sense of calm that allowed the young Corpsman to render aid while defending his wounded

Capt. John A. Lamberton, Commanding Officer for the Robert E. Bush Naval Hospital, described the scene facing young Hospital Corpsman Robert E. Bush during the Battle of



Following the Presentation of Colors, the Commander's and Guest Speaker's remarks, the POW/MIA Remembrance Ceremony, History of the Hospital Corps, Hospital Corpsmen Remembrance, the Cake Cutting, the Hospital Corpsman Pledge, Benediction and dinner, attendees adjourned to the dance floor to dance the night away.

Chief Hospital Corpsman Darren Blount, Senior Enlisted Leader for MCAGCC's 7th Regimental Aid Station was chairman of the ball committee and recruited Master Chief Faulkner as guest speaker. "I've known him since I was a second-class petty officer assigned to Combat Logistics Regiment 17," Blount said. "For so much that he's done for the Hospital Corps and also for his continued service with the Wounded

POW/MIA ceremony, the Dogtag Ceremony and remembering the Corpsmen who came before us," Davis said.

Cmdr. Wendy Stone, NHTP Director for Public Health, attended the Ball with her mother, Carol. "It was the best military Ball I've ever attended," Stone said. Stone was unprepared for how moving the Dogtag Ceremony would be. "No one told me I would need a box of tissues," she noted.



Chief Hospital Corpsman (SW/EXW/FMF) Robert Beedles was piped ashore and into retirement June 10 in a ceremony at the NHTP flag pole. Fair Winds and Following Seas, Chief Beedles!



Attesting to NHTP staff dedication to customer service, service members and Navy civilians display their Sea Star certificates following an award ceremony June 22 outside the Chaplain's Office.



Hospital Corpsman Third Class Nicholas Bercheni reenlisted for three more years June 20. Bercheni, from Brownstown, Mich., has been in the Navy five years and currently works in Patient Administration. Reenlisting Officer is Lt. Tony Henry.



Story by Hospitalman Dennis Hyman, NHTP Blue Team, pictured third from left; photo by USMC 1st Lt. Lauren Luther

With temperatures reaching 104 degrees, 11 Sailors headed out to the MCAGCC Rifle Range for Rifle and Pistol qualifications. Day one consisted of classroom training on weapons safety and fundamentals. After the Sailors felt confident, they were given the rest of the day to assess their skills on the Indoor Simulated Marksmanship Trainer (ISMT). Although not using live fire, Sailors were given the opportunity to practice their form, positioning, trigger control, and confidence. During day two, each Sailor was issued an M9 pistol with ammunition. Half of the day was dedicated to getting grouping down with targets, after which, Sailors put their marksmanship to the test from the 7-, 15-, and 25-yard marks using live fire. The next and final day, Sailors were issued their M16 and practiced shooting live fire from prone, kneeling, sitting, and standing positions. Students then tested out from the 200-, 300-, 500-yard markers. The Rifle Range instructors did an exceptional service, as every sailor qualified with both pistol and rifle. For more information about the Rifle Range, contact HM2 Dobrick in S.E.A.T. ((760) 830-2738).

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
It is so hot here in Twentynine Palms! Should I be drinking more water to stay hydrated? Do all fluids count?
signed,
Always Thirsty

Dear Thirsty,
The amplified heat of the desert does require an increased intake

of non-alcoholic, unsweetened beverages. Water is the ideal drink. A guide posted by the Center for Disease Control states that is it ideal to drink one cup (8 oz.) of water every 15-20 minutes if you are active in the heat for less than two hours, but you should not exceed six cups per hour.

There may be times when our activity levels have depleted electrolytes and reaching for a sports drink is an option. There are also several low-sugar, natural sports drinks that may offer a refreshing dose of electrolytes to rehydrate and rebalance. I have included a recipe from the *Very Well website* below.

Amount Fluid Needed Per Day (8 oz cups)
Infants: Three cups
Ages one to three: Four cups
Ages four to eight: Five cups
Ages nine to 13: Eight cups

Males older than 14: 11-13 cups
Females older than 14: eight to nine cups.

This information is from the Institute of Medicine of the National Academy of Sciences

Thirst is often an indicator of dehydration, along with darker urine color. Seek medical care immediately if you or someone you know has muscle cramps, headaches, nausea or vomiting. These can be signs of a heat-related illness.

I hope you found this information helpful. There is so much more information on hydration, heat-related injuries, electrolyte replenishment and over hydration from the Center for Disease Control and Navy Marine Corps Public Health Center websites.

--Tanya

Safety Tips for Summer Fun

By Tanya Stuckey

Hello Summer! The kids are out of school, pools are opening; and many families and individuals are planning fun activities and trips.

Our active-duty members know it's summer when they are bombarded with safety briefs and seek shelter from the heat during long hot days of training in the Mojave Desert. Southern California is the perfect place for weekends, warm weather and things to do and see. What will you do to enjoy this great weather?

Camping, rock climbing, boating at the river or swimming in the community pool, recreating at Lake Perris or in the pastoral scenery of Hemet; escaping the heat in Big Bear; enjoying theme parks and outdoor markets and festivals-- all are wait

for you.

While you are out this summer, plan for safety. Take along extra snacks and water. Wear protective clothing and sunscreen. Some days are blistering hot with a relentless sun; other days, the wind is blowing or the sky is full of clouds that give us a reprieve.

Either way, the elements take a toll. If you are driving, be sure to check your vehicle and have the required maintenance performed. And don't forget to make time for relaxation and sleep! Our lives can be so busy with work, social obligations and family responsibilities, we sometimes forget to set aside time for ourselves. A good night's sleep allows your mind and body time to recover and will set you up for a better and safer day.

Hearing and Vision Appointments are Only a Phone Call Away and Make a World of Difference

By Tanya Stuckey

May brings beautiful weather, colorful flowers and exciting opportunities to fill our senses.

For some, the colors are muted and the sounds that ring in the summer are muffled. The ability to see, hear and speak clearly impacts us in several ways.

According to the Centers for Disease Control, approximately 14 million Americans 12 and older have self-reported visual impairment and 40 percent of young adults with hearing loss

that was identified during childhood reported experiencing at least one limitation in daily functioning.

As we age, hearing loss at certain frequencies (2000 Hz and above) is more likely. Limited vision and/or hearing can increase risk for falls and other injuries. Use of preventive equipment and regular medical screenings reduce risk.

Implementing healthy lifestyle practices can also reduce risk. The National Institutes of Health states that cigarette

smoking is a clear risk factor for both cataract and macular



degeneration among those who are 50 and older.

Optometry and audiology appointments for screening and

testing children and adults are encouraged. Making preventive care a priority early on may decrease the need for invasive treatment later. Anytime you have a concern, you should ask your doctor about getting a vision or hearing screening.

Further testing by an optometrist, ophthalmologist or audiologist may be necessary. Vision and hearing loss may be due to genetics or a traumatic event that caused damage. A schedule of screenings/tests may differ based on medical history, environmental risks and age.

Reconnect with your senses; acknowledge and appreciate the ability to see the beauty that surrounds us, hear the laughter and kind words spoken by those we love; speak with clarity and confidence of being heard and understood.

To learn more about vision and hearing preservation, check out the Centers for Disease Control (CDC) website: <http://www.cdc.gov>, National Institutes of Health <http://www.nih.gov>, or speak with your primary care manager (PCM).

Awardees...

The following awards were presented during the First Friday Award Ceremony, June 3, 2016. Hospital Commanding Officer, Capt. John A. Lambertson, was the presenting officer.



Ms. Antonette Serviss is presented with a Patient Safety Award.



Lt. Cmdr. Michelle Evans is presented with a Navy and Marine Corps Commendation Medal.



Hospitalman Janney Cao is awarded the Navy and Marine Corps Achievement Medal.



Hospitalman Maximilian Sechler is awarded the Navy and Marine Corps Achievement Medal.



Hospitalman Apprentice Joshua Herrin is presented with a Patient Safety Award.



Mr. Christopher White is presented with a Federal Length of Service Award in grateful recognition and appreciation for his 20 years of faithful service to the federal government.



Hospital Corpsman Second Class Tyler Doyen is awarded the Navy and Marine Corps Achievement Medal.



Dr. Jason Ulaner is presented with a Patient Safety Award.



Mr. Eric Vonpoppen is presented with a Federal Length of Service Award in grateful recognition and appreciation for his 35 years of faithful service to the federal government.



Lt. Cmdr. Veronica Bigornia is awarded the Navy and Marine Corps Commendation Medal.





Lt. Cmdr. James Bivins is awarded the Navy and Marine Corps Commendation Medal.



Hospital Corpsman Third Class Allen Lee is presented with a Letter of Commendation.



Hospitalman Kevin Lestage is awarded the Navy and Marine Corps Achievement Medal.



Hospital Corpsman First Class Joshua Lukacovic is awarded the Military Outstanding Volunteer Service Medal.



Hospital Corpsman Third Class Dustin Lynn is awarded the Navy and Marine Corps Achievement Medal.



Lt. Cmdr. Heather Myer is awarded the Navy and Marine Corps Commendation Medal.



Ms. Nikki Adams is presented with a Patient Safety Award.



Hospitalman Kyle Parks is presented with a Letter of Commendation.



Mr. Patrick Hogan is presented with a Federal Length of Service Award in grateful recognition and appreciation for his 15 years of faithful service to the federal government.



Lt. Ryan Rigby is awarded the Navy and Marine Corps Commendation Medal.



See full-sized Corpsman Birthday Ball photos on Facebook. Search: Naval Hospital Twentynine Palms.



Introducing New Staff -- Welcome Aboard!



Ms. Tamara Estes

Ms. Tamara Estes began as a Red Cross volunteer. She has volunteered on the Multi-Service Ward since August, 2015. She earned her registered-nursing degree from San Diego City College. Hometown is Julian, California, located about an hour east of San Diego. She's currently working on her Bachelor's degree from California State University, San Marcos. Ms. Estes lives in Twentynine Palms and feels fortunate to have found a good landlord. Hobbies include hiking, camping, dancing and traveling. Travel goals include returning to Asia. Long-term professional goals include earning her Master's degree, possibly becoming a Nurse Practitioner and traveling abroad. She's interested in adult medicine and sees herself in the employ or volunteering with the Red Cross or Doctor's Without Borders, or perhaps a smaller NGO. She said, "Southern California will always be my home base because this is where my family lives."



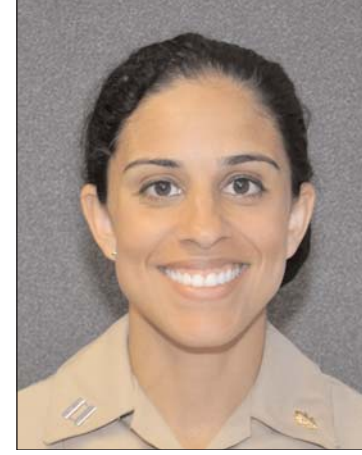
Lt. j.g. Michelle Garton

Lt. j.g. Michelle Garton arrived from Walter Reed National Military Medical Center where she was a registered nurse on the neurology/neurosurgery/organ transplant and distinguished visitor ward. Hometown is Carson, California in Los Angeles County. Lt. j.g. Garton earned her Bachelor's degree in science and nursing from Washington State University in Spokane. "I wanted to become a Navy nurse," she said, "because one night I was watching the Filipino Channel with my family and I saw the U.S. Navy conducting humanitarian aid in the Philippines." And during a family trip, she saw destitute children on Filipino street corners. "They didn't have any healthcare and they didn't have any food and I knew at that point I had to do something about it." Lt. j.g. Garton is married to Lt. Jason Garton, a flight surgeon with Marine Wing Support Squadron 374. Hobbies include running, lifting and fishing. "I used to fish off the pier with my dad," she said.



Dr. Tejpal Basra

Dr. Tejpal Basra is NHTP's new Industrial Hygienist. He arrived from an industrial hygienist position at Fort Meade, Maryland. Previous to that assignment, he was with the Naval Public Health Command in Portsmouth, Virginia. He earned his industrial hygienist degree from the University of Oakland in Rochester, Michigan. Prior to being an industrial hygienist, Dr. Basra was a chemist, having earned his PhD. in chemistry from Guru Nanak Dev University in northern India. Dr. Basra also holds certifications in hazardous material management. Dr. Basra emigrated to the U.S. in 1981 and has lived in a variety of places. "I started out in Milwaukee, Wisconsin," he said. He doesn't mind the heat of the high desert because it reminds him of his home in India. Hobbies include playing soccer, but he doesn't understand Americans' insistence by calling it the wrong name. "The rest of the world knows it as football," he insists.



Lt. Gissella Martinez

Lt. Gissella Martinez, Certified Registered Nurse Anesthetist, arrived from Naval Medical Center Portsmouth. She's been in the Navy nine years. Hometown is Jacksonville, Florida. "My father served 28 years in the Navy and I wanted to follow in his footsteps," Martinez said of her motivation to become a U.S. Navy nurse. She's always worked in large medical centers and this is her opportunity to work in a community-type hospital. "I'm looking forward to being in a community where everyone knows each other and our jobs," she said. She likes that in a surgical team, "everyone has a voice and everyone has a different perspective; and the end goal is always patient safety," she said. "It's all about the patient; and every case is different, so that's kind of cool," she noted. Hobbies include: "Anything outdoors, sports and athletics. I'm currently into weight lifting and running." Lt. Martinez is house hunting in Twentynine Palms.



Lt. Cmdr. Lisa Palacheck

Lt. Cmdr. Lisa Palacheck, general surgeon, is our newest member of the Surgical Services team. She arrived from Naval Hospital Pensacola. An ROTC student, she has been active duty since 2005. "My dad was a Navy aviator," she said. "My mother and father really enjoyed their time in the Navy and I always knew I wanted to be a doctor." Becoming a Navy physician seemed like a natural fit. She earned her undergraduate degree from Marquette Univ. in Milwaukee and her medical degree from the University of Texas, Medical Branch, Galveston. She's here with husband, Charles, an occupational medicine physician (with Texas licensure) and three children, ages, one, three and five. They are enjoying settling into their home in Twentynine Palms. Hobbies include reading, "any craft project under the sun," and music. "I sing and play flute. If anyone wants to hear me, I'll probably be performing at the Catholic Church," Lt. Cmdr. Palacheck said.

Asian American and Pacific Islander Heritage Month Celebrates Cultural Differences

By Lt. j.g. Qianning Zhang

May 26 marked the 39th anniversary of Asian-American Pacific Islander Heritage Month. Naval Hospital Twentynine Palms held its celebration with this year's theme, "Walk Together, Embrace Differences, and Build Legacies." The ceremony featured Commanding Officer's opening remarks, guest speaker Lt. Col. Frank Marilao, and three dance performances.

In his opening remarks, Commanding Officer Capt. John A. Lamberton, encouraged those

in attendance to embrace our differences and celebrate each other.

Guest speaker, Lt. Col. Frank Marilao, a USMC intelligence officer and current Assistant Chief of Staff for Marine Corps Community Services, entertained those in attendance with anecdotes from his childhood, and memories as an American-Filipino USMC intelligence officer, as well as with humorous accounts about growing up with his father. Marilao has over 30 years of experience as a

U.S. Marine officer. "The first generation lives the legacy; the second generation forgets the legacy; the third generation remembers the legacy," Marilao said.

The Diversity Committee featured three traditional folk dances. The first dance, "Dance for the Princesses," performed by Som Harz and Bow Keosbounheuang, represented the mixed influences that Thailand received from indigenous tribes and colonists, with graceful dancing depicting

princesses.

The second performance, Tinkling, originated in the Philippines during Spanish colonization. Performed by Hospital Corpsman Third Class Jefferson Bragado and Gabriella Allan (Hospital Corpsman First Class Carolyn Teofilo's daughter), it requires coordinated steps in response to the beats of moving bamboo poles. These footsteps represent "Tinkling" birds that traverse grass stems while avoiding bamboo traps set by rice farmers.

The final video performance, "Haka," applied rhythmic counterpoint exchanged between dynamic foot stomps and dominant cries. This style originally served as fierce war cries and obstreperous challenges from the Maori people of New Zealand. The Haka is also now performed for functions such as welcoming distinguished guests and recognizing achievements. Hospitalman Dennis Roxas learned Filipino cultural dancing as part of his heritage. "I thought the performances went really well, and the event itself was fantastic," HN Roxas said.



Left: HM3 Jefferson Bragado and Gabriella Allan perform Filipino Tinkling Dance.

Bottom Left: Lt. Col. Frank Marilao, guest speaker for Asian American and Pacific Islander Heritage Month, recounts his experiences as a USMC intelligence officer and upbringing as a Filipino American.

Bottom right: Som Harz (left) and Bow Keosbounheuang perform the Dance of the Princesses.



